



The Buzz Around the Mountain— Lift Lines and Quality Quotes



"Last March was my first time on skis at the age of 57...it's been one of the most rewarding accomplishments ever. My thanks to the Winter Sports Clinic." — **Ronald Harding, Riverside, CA**

"The Clinic is one of the greatest things I've ever been involved in." — **Charles Allen, Dallas, TX**

"What a rush! I'm sure if I was a sighted person I would never have tried skiing!" — **James Atkinson, Seminole, FL**

"I'd forgotten what it was like to have the rush of cold air sting my face and hear the slapping of the skis on the hard packed snow." — **Timothy Doyle, Roanoke, VA**

"This is the one week of the year that I feel free from my disability." — **Carol Adams, Lake Park, FL**

"When I first heard of the Clinic I thought, 'what a great way for vets to show how, with the many difficulties they face every day, they can still compete and do extremely well in any sport. Boy, was I wrong. It's the spirit they excel in. It's the 'no-fear' attitude they have and the personal challenge they face, each and every one of them. I have had, and perhaps still have fears in my life that I need to address. The Clinic challenges me and my will to face life like I should...with the determination of a winner. It's an honor to participate." — **Frank Harmon, Prescott, AZ**

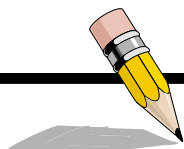
"Skiing is like other things in life...if you don't try, you'll never know if you can succeed."
— **Chuck Rabenau, Augusta, MO**

"Skiing has shown me that I can achieve more, and gives me a better outlook as to what others with harder disabilities than I can achieve. It's like a big family reunion each year."
— **Michael Horta, Redlands, CA**

"What a great learning experience. I would encourage other disabled veterans to participate."
— **Charles Johnson, Jr., Hurst, TX**

"I can't explain why I never skied before becoming disabled, and now I can't imagine not skiing whenever I have a chance. My own self doubts about my ability to ski has strengthened my resolve to earn my Ph.D. in rehabilitation research and psychology so I can contribute to the needed knowledge base of the disabled community at large." — **Gloria Eugenia Kennedy, Moreno Valley, CA**

Today's Schedule



FRIDAY, MARCH 31

(M) -- Marriott Hotel

(S) -- Sheraton Hotel

7-9:00a	Breakfast: Plaza level (M)
8-8:30a	Ski Instructor Meeting: (M) Alpine/Sage Room
8:30a	Cross Country Ski Race: Nordic Center
9:00a	Race Teams: Teocalli, Powder Rock, Big Al's
10:00a	Race Teams: Bears, Spell Bound, Ruby Chief
11:00a	Race Teams: Black Eagle, Crystal, North Star
11-1:00p	Lunch
12:00noon	Race Teams: Monument, Horseshoe, Bushwacker
4-6:00p	Dinner: Plaza level (M)
6-9:00p	Awards Program: Gothic Building
9:00p	Victory Celebration: Plaza level (M)

For those staying until Sunday, remember to set your clocks ahead one hour (before midnight on Saturday night).

Ask Dr. Bob



Dear Dr. Bob: *I've had the headache, had the nausea, couldn't sleep, and manufactured more gas than Mobil Oil. I guess you could say I'm a classic altitude sickness case. It's been a rough week but I can't wait to get on that plane home and get back to normal. Next year I promise to read your column faithfully.*
—Achin' for Airplanes

Dear Achin':

Not so fast zippy. I got news for you...airplane cabins are pressurized to between 7-9,000 feet. That means many of the symptoms you suffered here may be experienced when flying long distances. I suggest you follow the same advice (which you obviously ignored) that I've been giving all week...hydrate, no alcohol, etc. If you still ignore my advice, don't bother me again. Go bug Dr. Laura instead and see how you like that. The only other alternative is for you to take the Greyhound bus home in which case I suggest you get a seat as far away from the bathroom as possible.

— "Quotes," continued—

"The great caliber of 'can-do' people here is truly contagious... and lots of fun"—**Terry McGovern, Greenlawn, NY**

"I feel that this event shows the world that people with disabilities can accomplish as much, if not more, than able-bodied individuals."—**Peter Sinsel, Lakewood, CO**

"The Clinic has taken my confidence to a level that enables me to deal with the day-to-day activities of my life as a husband, father and police officer with the Fairfax County Police Dept."
—**Erik Tate, Reston, VA**

"I skied last in Newfoundland during WWII and last skied 36 years ago. I'm 98 percent blind and I'll be 80 years old in May but it sure felt good!"—**Francis Wildner, Palm Beach Gardens, FL**

I've been coming to this Clinic for the past 10 years and I've seen it happen over and over...people come here for the

— See "Quotes," pg. 3—



Weather Corner

Chance of snow today.
Chance of sun today.
Chance of clouds today.

Today's High: 44
Tonight's Low: 18

— “Quotes,” continued—

first time not knowing what to expect, and go home knowing that, not only have they gotten their life back, but now they know they can do anything with it.”— **Johnny Dunkin, Chino, CA**

“This has been a wonderful experience and I feel wonderful...I couldn’t tell you how much — this has been the most fun I’ve had in a long, long time.”— **William Braun, San Antonio, TX**

“Everyone should have a goal in life, and disabled people are no exception. Conquering a mountaintop as a disabled person is a challenging and thrilling experience.”— **Rick Calissi, Ocala, FL**

“This is my annual regeneration event. It totally regenerates my soul.”— **Butch Cooke, Boone, NC**

“This is my second time skiing and it’s sweet. It’s nice to get that rush again, to get back into the swing of things and try new things out.”— **Gerard Ahfook, Honolulu, HI**

“I was a ski instructor in the Army...I once skied 300 miles in three days. I taught mountain skills back in the 1950’s in Alaska. This is the first time I’ve been skiing since, and I feel like I’m back there again.”—**Reemberto Gonzalez, Jr., San Antonio, TX**

“Skiing has rekindled my lust for adventure, thrills and life itself.”
— **Clint Hale, Pensacola, FL**

“Skiing has allowed me to experience the adrenaline rush experienced when I was able-bodied.”— **Dale Hand, Pasadena, TX**

“This is the first time I’ve gone skiing in about 50 years...it was absolutely fabulous! At 77, I thought I did all right.”— **Leo Gagne, Bay Pines, FL**

“...I was really nervous at first, but the last slope was the best... I conquered the mountain and I also conquered my fear.”
— **Cindy McIntosh, Brandon, MS**

“In his writing on mountain hikes, naturalist John Muir extended an invitation to ‘climb the mountains and get their good tidings. Nature’s peace will flow unto you...’ I did climb the mountains and it was Muir said..”— **Bill Logan, Ft. Collins, CO**

“Participating with other veterans perks me up and gives me spirit.”— **Arthur Ugcla, Fresno, CA**

“Skiing was so awesome...like a piece of heaven. It’s something I never dreamed I could do. I want to tell the world that anything is possible and to never, never give up.”— **Marie Henry, Plant City, FL**

Gossip Goodies Tattle— Trails

by Spilzie Beans

We’ve just learned from a secret source that the Gourmet Noodle — a nice little restaurant in town — may really be a front for some renegade medical experiments. Our spies, watching the medical staff there Wednesday night, report they retired to a private back room (with the waiter) where it is believed a high-level tournament of butt-bowling took place. One insider claims the event is legitimate because the staff is working on a medical paper entitled, “Advantages of Butt-Bowling in Controlling Diarrhea.” When confronted with this story, Dr. Bob-the Buff-Body replied, “I swear I was nowhere near there...but the alfredo sauce is to die for.”

Word is out that the Clinic Casanova is Frank Harmon this year. His harem keeps growing bigger every day. One word Frank...how are you going to fit them all in your bags?

Bubba the Bear better watch out...his job may be threatened by a new mascot on the mountain— “the human lifesaver” (alias Wayne Miller). Hey Wayne, where’re you hiding the red ones?

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Odds & Ends

• **Lost & Found:** Here's what's been found:

Black cowboy hat
Black turtleneck
USMC baseball cap
Blue ski hat
Disposable camera
Prescriptions for Soust
Navy hat
#173 ski bib
Ski goggles
2 ski headbands
3 pair of sunglasses
2 pair of gloves
Pager
Journal book
Reading glasses

If anything belongs to you, go to the Host/Operations Room. But hurry...the room closes for good today at 2:00 p.m.

• **Correction:** We mentioned Adaptive Adventures a couple of days ago but gave the wrong website. The correct site is: www.edaptive.org & www.arasystems.com

• **Starting Your Own Business?** For those who attended Urban Miyares' class and requested his contact information, here it is:
Urban Miyares
Disabled Businesspersons Assoc.
c/o San Diego State Univ.-
Interwork Institute
5850 Hardy Ave., Ste. 112
San Diego, CA 92182-5313
(619) 594-8805
Fax: (858) 1998
E-mail: dbanet@ix.netcom.com
www.web-link.com/dba/dba.htm



The Late, Great Horoscope

Aries — Have you been reading the horoscope I've labored over all week? Isn't the mind a terrible thing to waste? You think you could do better? Well, here it is the last day and you want to take a try? You timing, as usual, is exceptional. Predictions, schmedictions. Don't quit your day job.

Taurus — It's the end of the week. Don't hold grudges tonight. Hold this...

Gemini — You leave Crested Butte with a heavy heart. Your luggage is pretty heavy too. Stars suggest putting the silverware back...yes, scuba tanks too.

Cancer — On your last night, you will dream of Lawrence Welk... "anna-wan, anna-too, from the pretty good state of Wisconsin...let's hear it a-folks for de Colby Sisters..."



Eats

Lunch (11:00a.m. -

1:30p.m.): Hamburgers; hot dogs & brats; black bean burgers; grilled vegetables; assorted granola bars, assorted cookies, chips; assorted sodas

Dinner (4:00p.m. - 5:30p.m.):

Tossed garden greens with choice of dressing; zucchini, yellow squash & red onions with green goddess dressing; diced fresh fruit with grenadine orange & grapefruit sections; Cajun pecan-crusted catfish; chicken breast with supreme sauce; baked cheese-filled manicotti; cajun red beans & rice; broccoli with garlic & croutons; rolls & butter; coffee, tea and iced tea

Leo—You are getting sleepy, very sleeeepy...you decide to host a humanitarian fund-raising effort tonight. Your cause — demented-government-horoscope-writers-in-need-of-quick-cash. Drop the cash in an unmarked envelope under door #855. Gooooood. When the person next to you sneezes, you will awaken and not remember reading this column.

Virgo—YOU GO GIRL!

Libra— "Watch out where the huskies go, and don't you eat that yellow snow." The stars apologize for not getting this message to you earlier in the week.

Scorpio —There is a time and a place for everything. Now go.

Sagittarius —Sorry about the "ugly" comment earlier this week. We meant to say "butt-ugly."

Capricorn —Stars predict you are going home, my friend. Safe trip too. Give me a dollar.

Aquarius —Instructors very upset with you. In order to get out alive, you must pay each one a dollar. Instructors who are Aquarius must give a dollar to Dr. Bob, or you will never know what he really put in those pills he gave you.

Pisces—Tonight, during the party, all Pisces must clear the dance floor, lay down and show everyone you can swim on dry land. If you don't do this, you will die a horrible death.

